

FEATURES

SPARTAN SPORTS

Manchester Dominates for First Victory



AROUND CAMPUS

Solar Panels Supply Green Energy for Manchester Campus

Page 2

French Major Explores Europe

Lizzy Raimondi
Staff Writer

Genoveva Ramirez was living “la vie en rose” last spring when she studied abroad in France. The senior is pursuing a French and secondary education major with minors in TESOL (Teaching English to Speakers of Other Languages) and Spanish.

It was her dream to go to France, so it was serendipitous that a graduation requirement from the French program was that she do exactly that. As an added bonus, she received a financial award. “I won the Benjamin A. Gilman International scholarship for study abroad,” she said. “One of their purposes is to help minority students have the opportunity to study abroad. I encourage all students who plan to study abroad to check their website and apply.”

Ramirez stayed in Strasbourg, France, which is by the border of Germany on France’s northwestern side. While living in the city, she traveled to Paris, where the Eiffel Tower stirred her emotions. She paid a visit to the spectacular Palace of Versailles and got to see the Mediterranean Sea from the dazzling vantage point of the Riviera. She also visited Monte Carlo, which is in Monaco. Though each spot inspired her, the cities that stood out the most were Paris and Nice. She also fondly recalled Strasbourg and the Vosges mountain range that loomed over the city. Being meshed in the mix of nature and city scene was an “enriching” experience, and one that she wants to visit again someday.

Ramirez also noted that the food style is different. “The portions of the food are quite a bit smaller than what is served in the United States, but the quality of the food is unfaltering,” she said. “The yogurt and cheese were some of the most memorable, because the dairy there is unpasteurized and unprocessed.”

Traveling is an important part of Ramirez’s life, and she hopes to do more. “Traveling allows one to realize we occupy a tiny place in the world,” she said. “It teaches us to respect other cultures, customs, and languages. It teaches us that even though there are boundaries, we are all in reality quite similar.”

Thinking on Their Feet

Improv Troupe ‘Academic Probation’ Brings Comedy to Campus

Shelby Harrell
Staff Writer

As the old saying goes, laughter truly is the best medicine. The “Academic Probation” improv comedy troupe knows this more than anyone.

Improv, or improvisational comedy, is a theatrical version of a comedy sketch in which the dialogue, plot and characters are made up in the moment, with no prior or previous rehearsal. For a large number of their performances, the actors will often call on members of the audience to suggest details or elements of the plot, situation or characters and use them as the central focus of the skit. As with the audience, the suggestions will oftentimes vary in nature.

Senior Stratton Smith,

president of the Manchester University Theater Society, is one among many of the original founders of the troupe. As a comedian, Smith has a variety of inspirational sources. “My own personal comedy style is shaped from a variety of comedians and funny people I’ve come across over the years with some more resonating than others,” Smith said. “Our troupe relates a lot of our inspiration from Improv Shakespeare, an improv out of Chicago that we make a point to see every year as a troupe.”

Academic Probation’s rules and regulations regarding entry are very relaxed and are welcoming to all members of the student body. “All you have to do is show up,” said sophomore troupe member Eve Hansen. “Honestly, we have people come sit and watch us practice the whole time.” Han-

sen adds that new members of the troupe will eventually grow with the group like she did.

In keeping with the spirit of traditional improv, the members of the troupe remain cheerful throughout their practice time. “We uplift and critique one another,” Hansen said. “We may joke on each other but we never let one feel out of place.”

In order to ensure the maximum amount of entertainment for the audience out of every show, there is a large amount of preparation that must be done. “We even learn new games to entertain the crowd,” Hansen said. “We practice once a week every week.” In the three days leading up to a show, members will meet for additional practice sessions to prepare for the performance.

One of the defining features of Academic Probation is the vast variety of talent that each individual brings to the group. “Some are good at guessing roles,” Hansen said. “And while others are good at personas, we are all great at jokes and helping each other.”

In the same spirit as Hansen, Smith describes the troupe as very talented. “We have a really, really talented group of young adults that have surpassed any expectation I ever had for our troupe,” Smith said. “These people amaze me every week with their creativity, delivery and imaginative minds.”

Though Academic Probation typically only performs once each semester, they will be making a second appearance at the International Fashion Show on Friday, Nov. 18, at 7 p.m. in Cordier Auditorium. VIA credit will be granted.

MU Professor Zach Dougal Pursues DAT

Brenden Damron
Staff Writer

One of the largest growing programs at Manchester University is the Athletic Training degree. One of the reasons this program is so successful at MU is because of Professor Zach Dougal, an athletic trainer who is pursuing his doctorate in athletic training (DAT). After completing it, he will be the only person in the area who will have a degree like this.

“I want to lead by example,” Dougal said. He decided to get his DAT to pass down his knowledge to other students and people in his field. However, it won’t be an easy task for him. Dougal will be taking 57 credit hours in two years, which is the equivalent to four years as a Manchester athletic training major.

Dougal is following this program through Indiana State University, which is one institution out of four in the country that offer the degree. However, ISU is the only accredited institution. “It’s not necessary to be accredited, but it’s certainly nice to have those credentials,” he said. If all goes as planned, he will achieve his degree by the

summer of 2018.

Dougal expects his accomplishments to be a common occurrence eventually. He described how physical therapy went from a profession with an undergraduate degree, to a master’s degree, until finally all physical therapists are able to obtain their doctorate. He hopes that other area trainers will follow in his footsteps, resulting in the expansion of institutions that offer these programs.

When he earns his DAT, Dougal’s day-to-day tasks will not be any different. Instead, he hopes to learn new information about athletic training to make Manchester’s program better for students by giving them information they would not learn elsewhere. “Since I’ve started, I’ve learned about patient-related outcome tools, understanding healthcare informatics and advanced knowledge and skills,” Dougal said. He has gone over these topics in depth, and hopes to apply it to the students at Manchester and strengthen the degree offered by MU.

As Dougal continues his journey to acquire his doctorate, look for changes in the athletic training program.



Professor Zach Dougal

Persimmon Tree Has Ripe History



Cass Ratliff
Staff Writer

On the grounds of Manchester University, west of the Science Center, lie persimmon trees that replace a tree that once stood where the Science Center currently stands. During the construction that led to the formation of the Science Center, seeds were collected from the original persimmon tree. “Some other people in the area, such as former President Switzer, might also have plants from these seeds,” said Dave Hicks, associate professor of biology. The current tree on campus is the offspring of the original tree.

Jeffrey Osborne, associate professor of chemistry, explains how the original tree also has a history of its own. The seed from the original tree came from a tree on the farm of Kitner in Ohio. That seed from the tree in Ohio came from a tree in Missouri, which was where the Church of the Brethren held their annual conference. So, the trees that lie at MU have a strong genetic line and the line continues through the seeds that were given from the original campus tree.

Persimmon trees produce a fruit that both Hicks and Osborne have enjoyed in their own ways throughout their lifetimes. Hicks collected fruit from the original tree on campus and then grew his own tree from the seedlings before it was cut down.

When Osborne was growing up, he and his friends used to try to trick or dared people to eat a bite of a green persimmon because it would make them pucker for such a long time. “I learned later in life that they became delicious upon ripening late in the fall,” Osborne said. “They’re delicious. I also like to eat native fruits. I planted them in my yard, too, including seedlings from the original Science Center tree, so that I can enjoy fresh fruit even after the frost, when most other fruits are gone.”

Persimmons are typically eaten off the tree, but there are also other ways to eat them. “Persimmon pudding is supposed to be good, but I’ve never tried it,” Osborne said.

Hicks said they can also be used to make fudge.

This particular fruit is not usually ripe until later in the year. It begins during late summer, but is best and most sweet in the fall. Hicks pointed out a quote by John Smith of the Jamestown colony that states, “If it be not ripe it will draw a man’s mouth awrie with much torment.”

The scientific name for persimmon trees is *Diospyros virginiana* and it is surprising that this tree exists in Indiana. “Persimmon is native to the southeastern United States into the southern parts of the Midwest—we’re really out of their usual range here,” Hicks said. In grocery stores, persimmon fruit come from Asia and are much bigger than their s

MU Welcomes Visiting Economics Professor

Brittany Dilley
Staff Writer

Professor Yue (Nancy) Zhang grew in Nanjing, China during a time when the government limited education, only allowing people to finish high school before being forced to work in factories. "My mom is really happy that I could become a college teacher," said Zhang, tears welling up in her eyes. "That was her dream for when she grew up. She reacts stronger than I do."

After her middle school years, Zhang traveled to Australia to visit a sister school. She stayed with a host family in Melbourne for a week and spent the second week in Sydney, going to classes as normal. The exchange program was

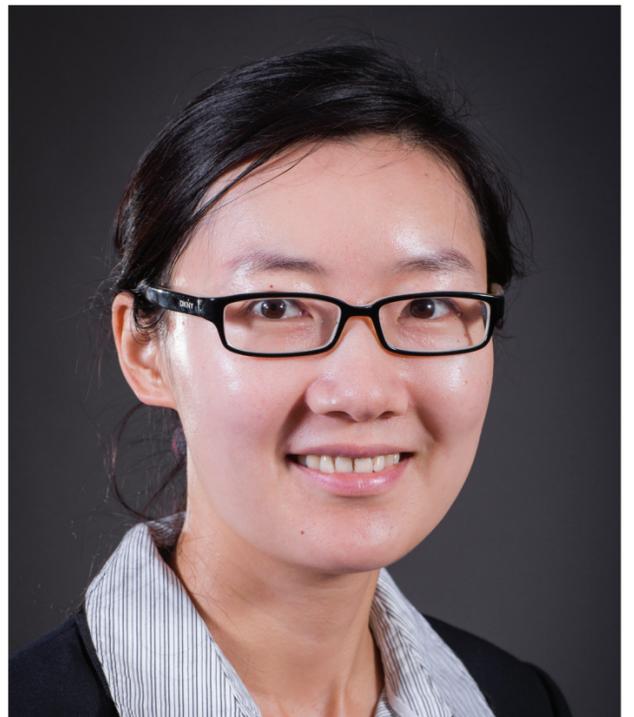
organized by her school in China. "The only thing I didn't like at that time was my English," said Zhang as she laughed. "I had been learning English for a very long time, but people in Australia have very weird accents. I could not understand anything that they said."

After finishing her undergraduate in physics, Zhang moved to the United States to attend graduate school for microeconomics. "I didn't really like (physics) much," she said. "It was very hard for people in China to change their major during the time that I was in college." Luckily, microeconomics sparked her interest more than physics did.

She acquired her Ph.D. at Texas A&M University in mi-

croeconomics. Living in College Station, Texas, she found a new love for country and salsa dancing. "We had an awesome country dance bar in College Station," said Zhang with a smile. She dabbled in salsa, but didn't enjoy that as much as the country dancing. However, she did consider the Chinese food in Houston to be "awesome." She lived in Texas for six and a half years.

In May 2016, Zhang came to Manchester University, where she is a visiting economics professor. "I like teaching and people here are really friendly," she said. Her goal is to become a better teacher while she at Manchester and to become a "real" economist. "Is that not the coolest thing in the world?" Zhang asked.



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MU Musicians Play in Peacemakers Concert

Kelleen Cullison
Staff Writer

The Manchester University A Cappella Choir and Cantabile, along with the Heartland Singers of Fort Wayne, Manchester High School and Northfield High School's choirs, performed alongside the Peacemakers Orchestra in Karl Jenkins's oratorio "The Peacemakers" at 4 p.m. in Cordier Auditorium on Sunday, Nov. 6.

Premiering in Carnegie Hall in 2012, "The Peacemakers" is an accumulation of lyrics rooted in writings from some of history's most well-known peacemakers, such as Nelson Mandela, Mother Teresa and Anne Frank. Jenkins dedicated the composition in memory of the many that have died due to armed conflict.

The content of the program ranged widely throughout the hour and a half-long performance. Beginning with a chilling piece titled "Blessed are the Peacemakers," the concert included musical renditions of prayers, like the "Peace Prayer of St Francis of Assisi" and the violin featured "Healing Light: a Celtic Prayer." Lyrics also came from famous works of Mohandas Gandhi, the fourteenth Dalai Lama, as well as passages from the Bible.

Under the direction of

guest conductor, Bob Nance of the Heartland Singers, pieces ranged from upbeat and warm such as in the "Evening Prayer," to jazzy and uplifting like the lyrical interpretation of "He had a Dream," to downright haunting tones of "Peace, Peace!" The finale, "Anthem: Peace, Triumphant Peace" was an epic medley including the powerful words of Anne Frank and Saint Seraphim of Sarov that filled the room with the heady beat of the drums.

Preparing for a concert like this is no easy feat. Collaborating with several different groups and an orchestra requires time and commitment. Students have been practicing four hours a week since the beginning of October, and ten hours in the last week alone. Singing the same music over and over for such a long time can make songs lose their meaning.

However, that wasn't the case for some. "My favorite piece is the one that quotes Nelson Mandela," said senior Lucas Al-Zoughbi, one of two tenor section leaders in the A Cappella Choir. "It talks about how although he (Mandela) has found justice and freedom; he still has to work until all are free."

Students in attendance were impressed. "Overall it was a great performance," said first-year Shannon Finn. "What really stuck

out to me was how great the harmonies were!"

Preceding the concert was a short presentation of awards. Students in the surrounding communities were invited to submit works in to be judged during the concert; art submissions from elementary school students, biograph-

ical essays on select Peacemakers from Middle Schoolers, and a poetry competition for those in high school were also welcomed.

Fifth grader Natalie Brown of Eisenhower Elementary won first place in the art competition for her work "Cupcake." Winning first prize in the biographical

essay competition was Chloe Hathaway, a sixth grader from Whitko Middle School, for her piece on Anne Frank. For her poem depicting what a child's perspective of a bomb falling in their neighborhood might be like, Olivia Schulte of Huntington High school won first place in the poetry contest.



Students Embrace Facial Hair for Month-long Movement

Anjel Clemente
Staff Writer

For some, November might mean that Thanksgiving is right around the corner, and for some it might signify election season. But for others, it means "No-Shave November." This is the month where guys put down their razors for an entire 30 days and let the forest grow all over their faces.

Typically, men shave the night before November begins. But then the razors stay hidden, for they for are not to be used until December 1.

Once November ends, some men will shave everything except for their moustaches.

Unbeknownst to many, this isn't just something that someone came up with because he was bored. This month-long activity has a meaning behind it.

It is a movement started in 1999 by a couple of friends from Australia who decided to grow out their moustaches to raise awareness for a charity. This slowly gained popularity until a charity foundation was started up called "Movember Foundation." Their main purpose is to raise awareness for men's health and for various types of cancers, like prostate cancer.

The money that individuals would usually spend on supplies for shaving or a waxing appointment (women partake in this move-

ment, too) is instead donated to the Movember Foundation for cancer awareness.

For the past three years I have taken part in No-Shave November. This year, on the second floor of Schwalm, we all decided to grow our moustaches out for men's health awareness. At the end of November, when we have our moustaches all grown out, we will take a picture and hang it our hallways to help raise awareness.

Regardless of whether you're growing your hair out for a good cause, or doing it just to be a part of a worldwide movement, No-Shave November is a fun thing to do. Even if you don't really grow much facial hair, like me.


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Solar Panels Supply Green Energy for Campus

Alaina Lewis
Staff Writer

Down by the Eel River, near the environmental cabin, there is a 32 panel array that tilts toward the sun and provides solar energy. It powers not only the environmental cabin, but also the observatory.

The panel was purchased by a grant that covered the entire cost and the panel should pay itself off over the course of ten years by selling the energy not used back to Duke Energy. It is moved every season to maximize the amount of energy produced.

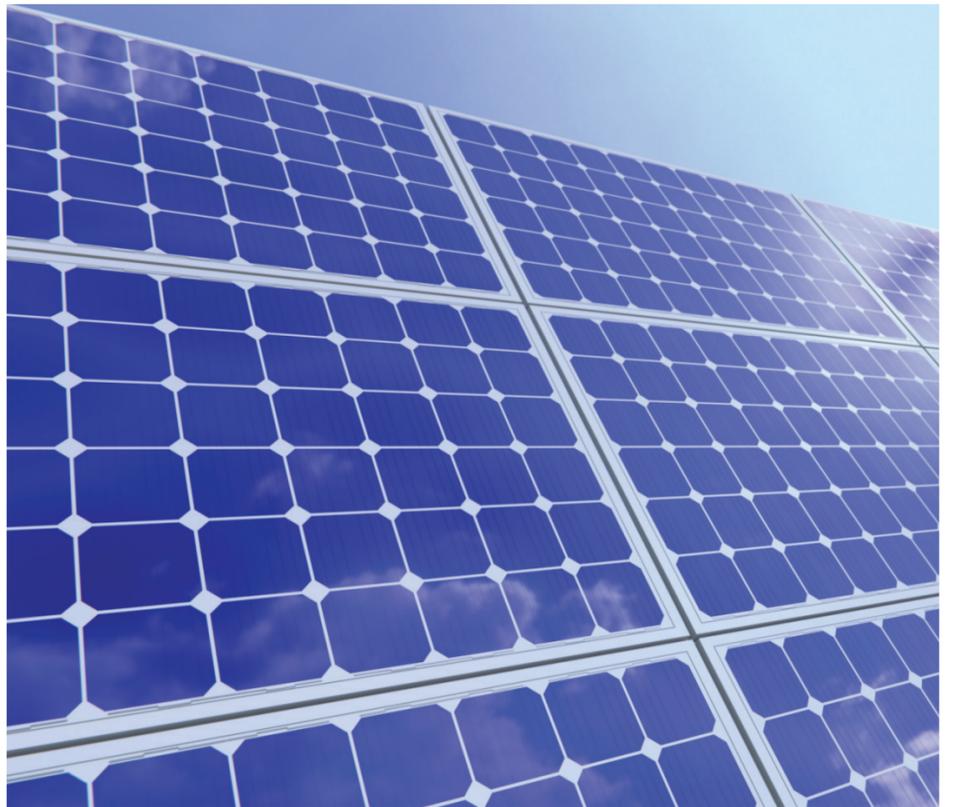
The panel produces about 1000 kilowatts of energy per month by converting the energy of the sun, solar energy, into useable, electrical energy. The sun's light emits photons, a non-charged particle, that strikes the panel. It then displaces an electron from the structure of silicon, the material that constructs solar panels. When this electron is displaced, it then travels to an inverter which moves the energy to

the power grid.

The university decided to use solar panels to reduce its carbon footprint and to eliminate the cost of running the cabin and observatory. More of the campus isn't on a solar grid is due to initial cost and longevity. While solar is cheaper than it once was, it still is not an affordable endeavor. A solar panel can last up to 30 years, with inverters needing to be replaced every 25 years.

The plans for the future of Manchester and green energy are heavily dependent upon cost. "It would be nice to see Manchester become more sustainable," said Jerry Sweeten, director of Environmental Studies and Professor of Biology.

There are other alternatives to traditional carbon-based electricity such as geothermal and wind. Both are more time intensive and expensive than solar. "I much prefer solar to a wind turbine," Sweeten said. "The turbine is noisy, and kills a large number of birds and bats."



Research Symposium Open to Student Submissions

Brittany Dilley
Staff Writer

Manchester University will hold its 19th annual Student Research Symposium on Friday, Apr. 21, 2017, starting at 3 p.m. This is a professional conference where undergraduate and graduate students share their research in any and all disciplines. The symposium is open to the public.

Professor Christer Watson is the chair of the Student Research Symposium committee, along with Professors Katharine Ings, Sun Kang, Mike Martynowicz, and administrative assistant Kathrine Dwyer, who works in the Office of Academic Resources. Watson has been on the committee for five years, being the chair for only two. "The purpose of the symposium is to provide a forum where students present research," Watson said. "It's intended to be one of the most sophisticated forums of work on campus."

The Student Research

Symposium was started in 1998 by then Dean Jo Young Switzer. Her goal was to give students and faculty a chance to collaborate on research. In past years, all disciplines have been represented at the symposium. There are three awards presented at this year's symposium: the Jo Young Switzer Writing Award, the Poster Presentation Award, and the Keynote Award.

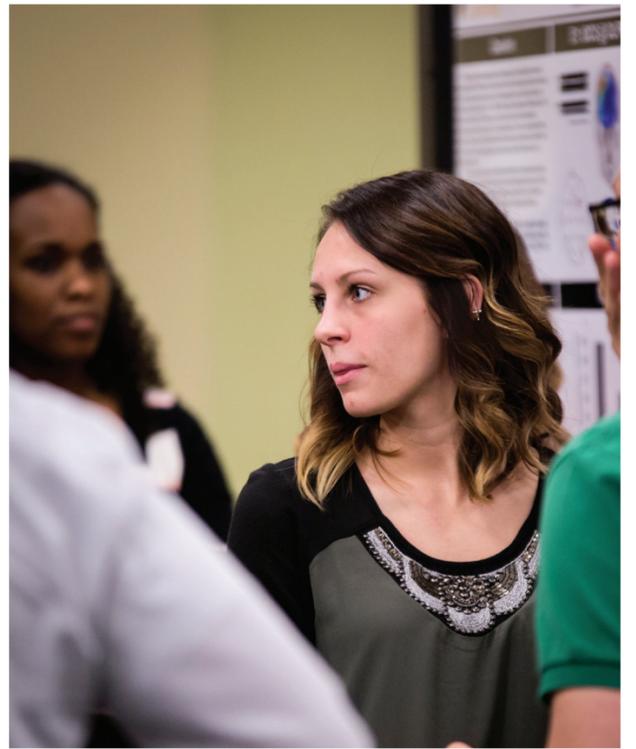
Students work with faculty mentors on their research, and the disciplines range from physics to English to all the disciplines in between. "There are some subjects where it is very, very hard to come up with a creative, new idea on your own," Watson said.

At the symposium, there are sessions of different kinds of research presentations. These involve parallel oral sessions, poster sessions and the Keynote presentation. Each oral presentation has a 15-minute limit. The Keynote presentation will be given a student who is selected by the committee following the required audition. The Keynote presenter will then

present their research to the whole community.

Last year's Keynote presenter and award winner was Ciara Kerckhove, a physics major, who completed her research at Lehigh University in Pennsylvania during summer 2015. Her research was looking into a new red LED. "I used roadblocks and people exiting a building for a fire to explain a lot of my physics," Kerckhove said. Explaining her research in terms where all people can understand is what made her presentation audition the most successful.

Students should submit their abstracts online by March 3, 2017, at 11:59 p.m. Presenters will receive their acceptance notification on March 13, 2017. Auditions for the Keynote will be held on the week of March 28, 2017. Poster presenters should submit a PDF of posters on March 31, 2017 by 11:59 p.m. Detailed information can be found on the Symposium webpage: www.manchester.edu/academics/academic-resources/student-research-symposium.



Students present at Research Symposium, Spring 2016



OPINION

Student Athletes Struggle to Find Balance

Tanner Edge
Staff Writer

Being a student athlete in college is quite the accomplishment. It is also quite the challenge, and sometimes, it is quite the struggle. Imagine the day-to-day-tasks and struggles a college student athlete has to go through. Waking up for class after being up for the majority of the night, studying for an important test that you've been preparing for all week, having stacked classes through the first part of the day where you only have a 10-minute break in between, eating a late lunch because your class schedule is

so tight, and then going to practice for three hours and not being done until 6 p.m. Of course you have homework to do after practice and studying to do for your next quiz or exam. The process is never-ending for a college athlete.

The biggest emphasis first-year student athlete Travis Adams mentioned was time management. "It is challenging because it is hard to balance sports and school," Adams said. "You must realize that you are a student before you are an athlete." Adams is a wide receiver for Manchester University from Marshall, Ill., where he played quarterback for the Marshall Lions.

"It has been fun transitioning from quarterback to wide receiver; it is a different change of pace for me and I'm just trying to get the most out of it," he said. The willingness to put in the effort on and off the field has helped Adams adjust to the college life of a student athlete.

Manchester University gives first-year students a chance to get acclimated to college a week before classes start during welcome week. First years are put into SOL groups (Student Orientation Leaders). In these groups, students are advised by two or three Manchester University Students who are of sophomore status or older. This

benefits students by giving them a chance to learn the ins and outs of college, adapt to campus, and meet new friends.

Adams has been able to do all three of those things. He has made many friends from the football team to the classroom. Most importantly, he has had success as an athlete and as a student. "It is rewarding because if you do everything the right way, you'll enjoy your time that much more," Adams said. "You can focus more on athletics when you're doing the right things." Going to college isn't easy and can be intimidating at times. Adams is proof that if you work

hard and do what is right, you can be a successful student athlete.

Walking the walk, Adams stays after practice at least twice a week to catch extra passes and run extra routes. His advice to other student athletes were filled with words of encouragement and motivation. "Stay up on your studies and you'll be able to focus on becoming elite in your sport." He hopes to crack the starting lineup next football season and show how his hard work has paid off on and off the field. In doing so, he hopes that he will be able to inspire other students to work hard as well to be the best they can be.



SPARTAN SPORTS



Spartans face Hanover Panthers

Manchester Dominates for First Victory

Mack Leinweber
Staff Writer

Manchester's football team has not fared well in close games this year; therefore, on Saturday, Oct. 29, the crowd of over a thousand fans was thrilled to watch the Spartans chalk up their first win at Burt Memorial Field.

Starting the season on a seven game losing streak, including several close matches, the Spartans were due for a victory. Manchester built a commanding lead early in the game and never looked back,

defeating Earlham College 65-13. Like Manchester, Earlham College was winless, meaning that one team would leave with their first victory. Unlike in games past, the Spartans were able to capitalize on most of their opportunities, especially due to their smart running game. The Spartans produced over 400 yards rushing, spreading the touches between three running backs. The contributions from the running group included senior Brenner Cruce and sophomore Lucas Lorian gaining 123 and 138 yards, and freshman Donovan Henderson adding 51 yards.

For the throwing

game, starting Quarterback Alex Downard added more than 150 yards of total offense. On the defensive side, the Spartans allowed only 13 points. Junior Jack Kay led the team with six tackles, while senior Dan Heim led the team in sacks with three.

"It's a great feeling having everyone clicking together," said junior offensive tackle Patrick Bear. "Pretty good all-around game — offense, defense, and special teams. This is how we should be playing, but I know it's a process."

Not only was it Manchester's first victory of the season, but also the first for Head Coach Nate

Jensen. "We had been so close in the past," Jensen said. "It was nice to see our guys pull away with a win." Manchester looked to carry the momentum into the next week's game against Hanover College on Nov. 5, which was their home finale for this season. This game would prove to be a battle of offense. Unlike last week, Manchester was put into a 21-point deficit early in the game, but they were able to come back with two straight scoring drives to end the first half down by a touchdown. The visiting squad had its way in the second half, scoring four touchdowns on its way to winning 49-27.

"Executing plays the entire game was our biggest thing throughout the week," Bear said. "They finished drives better than us. We made big plays, but in the end they executed plays better. Although it was a tough loss, we have to stay positive for the next game."

Despite falling to a 1-8 record, freshman quarterback Alex Downard showed progress, throwing for over 200 yards and a touchdown, and senior running back Brenner Cruce scored three touchdowns.

The Spartans' 2016 season will end tomorrow, when they travel to Anderson University.

Swim Team Dives into a Record-Breaking Season

Virginia Rendler
Staff Writer

The Manchester University swim team has spent the past weeks training hard and breaking records. The most recent meet on Nov. 5 at Baldwin Wallace in Cleveland, Ohio did not result in a win for Manchester; the men's team lost 73-183, and the women's team lost 58-210. However, the team views this most recent meet as a victory due to the three records broken by our men and women.

Emily Clark, junior, broke the 200-yard Back Stroke

record with a time of 2:32:27. First-year Triston Mahony broke the 200-yard Freestyle record with a time of 1:55:01. Anjel Clemente, sophomore, broke the 11 Dive 1-meter record with a score of 365.05.

Manchester University's swim team is relatively young at only three years old. The swim program is small, but the swimmers are a strong force. The coach, Mike Kroll, was previously an assistant coach and athletics director at Ohio Wesleyan University.

Guerby Ruuska, a sophomore on the men's swim team, says the team has had a shaky start, but breaking these records is encouraging and the team's dynamic is supportive. "The energy on the team is high," he says. "People are always up and cheering and motivating each other. Even during the diving competition, our team is up cheering for the divers after every dive." Ruuska says that the best part of being on the swim team is traveling and meeting other people while growing as an athlete. Even though some may consider swimming an individual sport, the team ties are very strong.

Being a member of the swim team can be challenging for students, however. Time management is the biggest challenge facing participants, as the swim team practices ten times a week. Often the best time for studying is while traveling to other schools for meets.

Individually, the team members are doing well beyond breaking records. Last month, CollegeSwimming.com selected Manchester University sophomores Annika Barce and Guerby Ruuska as its representatives for the Ohio Athletic Conference weekly honorees.

The next swimming and diving meet is at Urbana tomorrow at 1:00 P.M.



MU Wrestling Thinks 'Outside' the Mat

Cass Ratliff
Staff Writer

Wrestling mats, bleachers and an eager crowd . . . in the middle of a parking lot? That's right. On Oct. 28, Manchester University held its first wrestling event of the season, Black and Gold Night: Battle on the Blacktop. Families and friends, as well as curious onlookers and passersby, gathered around the visitors' lot beside the Jo Young Switzer Center to watch the various matches.

"The Battle on the Blacktop was a blast!" says Juan Grino, a first-year wrestler. "We had a lot of fans to cheer us on, and they were nice and loud." His experience with the Manchester wrestling team has been "wonderful" so far, and he describes the team as a family because everyone gets along very well. "I personally have become a better person and a better wrestler from being part of this team," Grino adds. "Everybody pushes each other to be the best they can be."

Luis Cervantes, a sophomore wrestler, says that wrestling outside was an "amazing" experi-

ence, and that he's grateful for the chance to do it, especially because of the good weather conditions. A quote he loves that he associates with wrestling is from Anderson da Silva, who holds the longest title streak in UFC history: "I may not be the best, but I'm capable of the impossible."

The Black and Gold practice regularly, Monday through Saturday from 3:30 to 5:30, starting with warmups, workouts and drilling takedowns, before gathering for technique and occasionally playing games. The team ends every practice with some type of conditioning that pushes the wrestlers and shows them what they are capable of. "It's awesome how open Coach is to new ideas," says Ben Cauffman, another sophomore, speaking of Coach Kevin Lake. He adds that there are a lot of jokes shared in the room.

Manchester's wrestling team has high hopes for the 2016-17 season. With a comparatively new coach who just joined the faculty at the beginning of last season in October 2015, and a total of fifteen first-years, the wrestlers hope to equal or even emulate their achievements from last year. In the

previous season, the Spartans defeated Division III rivals Trine University and Lakeland College from Wisconsin.

Junior Tristan Wilson is confident in his hopes for the team's success this year. Given the massive amounts of work the wrestlers put in during the summer and pre-season, he says that this season "We hope to surprise a lot of people." His favorite thing about wrestling at Manchester is the family atmosphere on the team. "We are all going to the lifts, enduring the hard practices, and balancing school on top of it all," he explains. "We all rely on one another on and off the mat. These relationships that I built so far on the team are ones I know will carry throughout the rest of my life."

Cauffman is looking forward to accomplishing many goals during the 2016-17 season. "The team this year has a different attitude than previous years," he says. "I believe we will sneak up on a lot of big-name teams in the country." The Manchester Spartans start their season in a match-up against the Wabash Little Giants at home today, Friday, Nov. 11.

